

10
FIRST



ANNUAL REPORT

OF THE

INVERNESS DISTRICT LUNATIC
ASYLUM.

MAY 1865.

INVERNESS:
PRINTED AT THE COURIER OFFICE.

1865.

INVERNESS DISTRICT BOARD OF LUNACY 1865.



I. For Inverness-shire and the Burgh of Inverness.

WILLIAM H. THOMSON, Esquire, Principal Sheriff-Substitute
of Inverness-shire, Chairman.

Lord LOVAT, Lord-Lieutenant of the County of Inverness.

Colonel FRASER-TYTLER, Convener of said County.

ARTHUR FORBES, Esquire of Culloden.

Colonel HUGH INGLIS of Kingsmills.

JAMES MURRAY GRANT, Esquire of Glenmoriston.

FOUNTAIN WALKER, Esquire of Foyers.

Captain JOHN FRASER of Balnain.

COLIN LYON-MACKENZIE, Esquire, Provost of Inverness.

Bailie DALLAS, Senior Bailie of Inverness.

II. For Ross and Cromarty Shires and the Burghs therein.

Sir KENNETH SMITH MACKENZIE of Gairloch, Bart.

R. B. Æ. MACLEOD, Esquire of Cadboll.

ALEXANDER MATHESON, Esquire of Ardrross, M.P.

THOMAS MACKENZIE, Esquire of Ord.

DUNCAN DAVIDSON, Esquire of Tulloch.

JOHN MACKENZIE, Esquire, Eileanach, M.D.

HECTOR MUNRO, Esquire, Provost of Dingwall.

JOHN MACLEOD, Esquire, Provost of Tain.

III. For Sutherland and the Burgh of Dornoch.

GEORGE LOCH, Esquire of Embo.

WILLIAM SUTHERLAND FRASER, Esquire, Dornoch.

IV. For the County and Burgh of Nairn.

Sir JAMES ALEXANDER DUNBAR of Boath, Bart.

WILLIAM ALEXANDER STABLES, Esquire, Cawdor Castle.

Clerk and Treasurer.

GEORGE ANDERSON, Solicitor, Inverness.

Consulting Physicians.

J. J. ROSS, M.D., Inverness. | JOHN WILSON, M.D., Inverness.

Asylum Staff.

Medical Superintendent.....THOMAS AITKEN, M.D.

ChaplainRev. ALEX. MACGREGOR.

House Steward.....Mr C. W. LAING.

MatronMiss ISABELLA ROSS.

Head Attendant.....Mr DAVID MACRAE.

Farm Steward and Gardener.....Mr C. FINDLAY.

FIRST ANNUAL REPORT

OF THE

INVERNESS DISTRICT BOARD OF LUNACY.

DISTRICT ASYLUM, INVERNESS, July 28, 1864.

This Asylum was opened for the reception of patients in May, and the first admission took place on the 19th of that month. Since that date 66 males and 75 females have been received, all of whom, with 13 exceptions, were transferred from other Asylums. The great mass of the patients consequently consists of chronic cases. Of those admitted immediately from the district 4 were affected with mania, 3 with dementia, 1 with melancholia, and in 3 the form of the malady was not yet entered in the register. The present numbers are 66 males and 73 females—one female patient having died from exhaustion apparently in part due to the fatigue of the journey from a Southern Asylum; and another having escaped.

It is too soon to express a decided opinion on the merits of the Asylum as a place for the cure and treatment of the insane, but there appears no reason to doubt, that as the Superintendent acquires leisure and some respite from the cares and anxieties attendant on the admission of so many patients of whose previous histories he is ignorant, as the attendants become familiar with their duties, and as the patients themselves fall into the routine of the new circumstances under which they are placed, the most sanguine expectations which have been formed of its adaptation for its purpose will be fully realised.

The general condition of the patients already admitted was extremely satisfactory. Perfect tranquillity prevailed among both sexes, and recourse to seclusion has been necessary in only one instance since the opening of the house, for the period of a day. Dinner was served in the hall, during the inspection, in a neat and orderly manner, all the patients being present, with the exception of 2 males and 8 females. Already a considerable proportion of both sexes are regularly engaged in industrial occupations, and walks in the general grounds and beyond the Asylum bounds are daily taken by nearly the whole of the patients. Dancing and singing parties have also already been instituted, and worship is conducted by the chaplain every Sunday, partly in English and partly in Gaelic.

The staff of attendants comprises six males and six females, all of whom speak Gaelic; and it is stated that no inconvenience has been experienced from the ignorance of any of the patients of English. This ignorance is reported to be limited to two or three of each sex.

Both the males and females were comfortably and neatly dressed, and the bedding generally was in excellent condition. It may be necessary, however, to paint or varnish the floors of some of the rooms occupied by patients of wet or dirty habits; and this precaution becomes almost imperative from the rough state in which the flooring has been left by the contractor.

Only one patient, a female, was confined to bed. She is an old and debilitated woman, and is suffering from a fracture of the humerus, which she appears to have sustained in an effort to support herself from falling when getting out of bed.

All the Registers were found kept with much care and accuracy. That of visitors contains about 100 entries, and some patients have been seen by their friends for the first time for many years.

In conclusion, the Commissioner has only to add that the organisation of the Asylum is proceeding in a most satisfactory manner.

(Signed) JAMES COX, *Commissioner in Lunacy.*

DISTRICT ASYLUM, INVERNESS, 24th-26th March 1865.

The present population amounts to ninety-two males and ninety-three females. Of these fourteen cases are regarded as acute and curable, ten being under treatment for mental, twelve for bodily disease. The more intractable classes are enumerated as follows :

	Males.	Females.
Congenitally affected . . .	4	5
Epileptic	6	2
Paralytic	1	0
Dirty (6 wet beds last night) .	3	4
Raised by attendants . . .	6	6
Degraded	6	3
Dangerous	17	11
Confined to airing courts .	0	0
Confined to bed	4	1

Since 28th July 1864 the changes in the establishment have consisted in sixty admissions. Forty-three of the entrants are stated to have been in good health; nine in moderately good health; two as weak; one as rather weak; and three as in indifferent health. The mental disease is described as mania in sixteen of these cases; as chronic mania in four; as homicidal mania in one; as melancholia in twelve; as dementia in twenty-three; and as imbecility in one. Seven discharges—Six of the patients had recovered; one was relieved. Eight deaths—The causes of death are recorded as having been fracture of humerus and debility of old age—phthisis, tubercular peritonitis and pneumonia, paralysis and dysentery, exhaustion and bronchitis, peritonitis, apoplexy and paralysis, but no *post mortem* examination was made. The duration of the fatal illness was twelve hours in one case, three days in one, nine days in one, two weeks in one, three weeks in one, six weeks in one, and three months in two. All the deceased had been admitted in 1864. The average age at death was 46 years.

The house was found scrupulously clean, well-ventilated, and suitably arranged; but the temperature was exceedingly low. Thermometers should be hung in every day-room and gallery; and the degree of heat regulated by a certain standard, and not by the feelings of the attendants or patients. Physical disease may not be generated directly by exposure to cold; but

that it acts detrimentally upon those of low and exhausted organisation, and diminishes the chance of amelioration in the insane, has been demonstrated. All the inmates wear flannels but $2\frac{1}{2}$ pair of blankets to each bed is barely sufficient for this climate and season, or for the class of inmates at present under treatment. The personal appearance of the inmates was satisfactory ; and the dress, especially of the males, substantial and neat. They are bathed once every week. They are encouraged to attend to neatness and tidiness ; but the hair should be more frequently cut, and a much more liberal supply of combs and brushes provided. Greater variety in the colour and form of the clothing, especially in the case of the females, without any change in the fabric, might be resorted to in order to prevent that assimilation to a prison garb which rigid uniformity suggests.

Dinner was taken in the presence of the Reporter. One hundred and sixty-three patients were present ; and, although strangers were present, partook of their meal with great decorum, and, considering the habits of the class from which they are chiefly drawn, with an adaptation to novel arrangements which speaks favourably of the discipline to which they are subjected. The meal consisted of rice and milk, bread, and cheese, and was comfortably served, although further experience on the part of the servitors will lead to greater order in this respect. The dietary recommended by the Board of Lunacy is in use.

A pleasing feature in the classification of the inmates is the appropriation of a division on the female side for the aged, infirm, and helpless. The room appeared somewhat crowded. The same observation applies to the principal wards for the men, where the number of inmates, swelled during the visit by the presence of the labourers, was such as to lead to confusion, and less supervision than what is essential for quiet and order. It is worthy of consideration whether the sick ward or an infirmary might not be opened in this department on the same principle as that for the females, to which a portion of what must prove, at night and during tempestuous weather, the redundant population, of the public halls, might be transferred. An additional reason for such a measure is found in the vitiated atmosphere of one or two rooms to which patients are confined who are labouring under chronic ailments.

The industrial class amounts to upwards of an hundred and are thus employed :

	Males.	Females.
Joiners . . .	1	0
Shoemakers . . .	3	0
Doorkeeper . . .	1	0
Clerk . . .	1	0
Schoolmaster . . .	1	0
Stokers . . .	2	0
Upholsterer . . .	1	0
Tailor . . .	1	0
Household Workers . . .	10	14
Field Workers . . .	30	0
Kitchen Workers . . .	0	4
Laundry Workers . . .	0	9
Knitters . . .	0	10
Sewers . . .	0	1

The labourers are busied in preparing the garden, making roads, and reclaiming the land preparatory to cultivation; but less has been effected in the latter particular than was expected, as the labour of all available assistants has been hitherto absorbed in the construction of the water-pond on the top of the hill. This object became paramount to all others, as the supply of water was deficient during summer, when the consupt was much less than at present, or than it can be in future. The quantity of water used at present per head per day is supposed to be 41 gallons. The provision in the event of fire consists of hose which can be readily attached to four fire-plugs, near the receding wing of each extremity of the buildings, through which water is propelled by gravitation to the second storey; but whether the command of water required in such an emergency be adequate, and whether all parts of the house can at present be effectually reached, and other means dispensed with, should meet immediate attention.

Parties, amounting in all to fifty-six persons, who cannot or will not take advantage of any of the means of occupation available, take exercise, under supervision, in and beyond the grounds and six have the same privilege upon parole. Several attempts to elope have been made, but, considering the numbers comparatively at freedom, and the absence of all but moral means of coercion, these have been few in number. The recreations comprehend readings, lectures, concerts, dramatic representations, singing and other classes—a social reunion of some kind taking

place weekly. In these about a hundred patients participate. The house now contains about 185 lunatics. Of 60 admissions, 34 were received from private dwellings since last statutory visit. This fact indicates that from the district itself the prospective increase of the population may be expected to come; and that the cases sent will either be of recent occurrence or unmanageable at home. In order to give the Medical Superintendent that leisure, desiderated in last report, to attend to the new and more important class of duties which he will be called upon to perform, it will be expedient to secure the assistance of a subordinate medical officer, who, besides carrying out the details of professional duty, could undertake the writing out of cases, correspondence, &c., which at present occupy time and attention which might be bestowed upon higher purposes. Somewhat similar considerations, and especially the demented and helpless condition of many of the present inmates, suggest the propriety of the institution of a system of night watching upon both sides of the house. Although these recommendations have been made in contemplation of a fluctuating and increasing population, the community has assumed so many of the characters of an organised society, that the time may have arrived for relieving the interior of its present aspect of bareness by the introduction of some humble means of ornamentation, or objects of interest and amusement, or even of furniture, which, although not absolutely necessary, might add to comfort.

The books, registers, orders, &c., were seen.

There has been no restraint, and only nine acts of seclusion.

The case-books afford copious details of each case. An accident-book is kept.

Adopting the language of my colleague, it is perhaps "too soon to express a decided opinion on the merits of this Asylum as a place for the cure and treatment of the insane," but although the establishment be still inchoate and progressive, so much has been effected, and so many difficulties and dangers inseparable from the commencement of such an undertaking have been judiciously met or avoided, that a favourable augury may be formed of its usefulness and success.

(Signed)

W. A. F. BROWNE,

Commissioner in Lunacy.

MINUTES OF HOUSE AND VISITING COMMITTEE.

At the Inverness District Lunatic Asylum, the 11th day of August 1864, in a Meeting of the House and Visiting Committee of the Asylum: Present—Provost Lyon-Mackenzie of Inverness; Fountaine Walker, Esq. of Foyers :—

The Committee examined the Medical Superintendent's and House Steward's books, and thereafter inspected the whole day-rooms, dormitories, kitchen, hall, and chapel in the Asylum, and inmates thereof, as also the farm and grounds, with farm offices and gas-works, and were satisfied with the condition of the whole, and with the progress made towards the completion of all the arrangements for the comfort, health, employment, and recreation of the lunatic patients and officials. In one of the rooms an escape of gas was noticed, to which the attention of the Medical Superintendent was called.

(Signed) FOUNTAINE WALKER.
LYON-MACKENZIE.

At the Inverness District Lunatic Asylum, the 2d day of November 1864, in a Meeting of the House and Visiting Committee of the District Board of Lunacy: Present—Sheriff Thomson; Colonel Fraser-Tytler; Bailie Dallas :—

In consequence of the lateness of the hour at which the Committee met, and the length of time taken up in examining the samples of provisions, &c., sent in by contractors, they delayed going over the house till their next meeting.

(Signed) WM. FRASER-TYTLER.
W. H. THOMSON.
W. DALLAS.

At a Meeting of the Visiting Committee, held on the 17th
March 1865: Present—Sheriff Thomson, Chairman;
Bailie Dallas:—

The Committee inspected the whole Asylum and saw all the inmates thereof; also, the farm and grounds, with the gas-works and offices; and were satisfied with the condition of the whole, and the cleanliness of the rooms and of the patients. Thereafter the Committee inspected the registers and other books kept by the Medical Superintendent and House Steward, and were satisfied with the neatness and order with which they are kept.

(Signed) W. H. THOMSON.
W. DALLAS.

At the Inverness District Lunatic Asylum, the 17th day
of May 1865, in a Quarterly Meeting of the Visiting
Committee of District Board of Lunacy: Present—
Colonel Fraser-Tytler; Dr J. Mackenzie; Provost
Lyon-Mackenzie; and Bailie Dallas of Inverness:—

The Committee inspected the whole of the Asylum, with the laundry, farm offices, gas-works, and other buildings. They also examined the lunatic inmates, officials, and servants of the Asylum, and were satisfied with the condition of the whole, and with the cleanliness and comfort of the rooms and patients. The books, kept by the Medical Superintendent and House Steward, including the Register of Patients, were also examined, and the Committee were satisfied with the state thereof.

Thereafter the Committee examined the water in the tanks and reservoirs, and then proceeded on foot and inspected some springs of water on the properties of Lovat, Bunchrew, and Newton, in the neighbourhood, and to the westward of the Hill of Dunain, from which it is expected that, by an arrangement with the proprietors, an additional supply of water may be procured for the use of the Asylum.

(Signed) J. MACKENZIE, M.D.
LYON-MACKENZIE.
W. DALLAS.

FIRST ANNUAL REPORT

OF THE

MEDICAL SUPERINTENDENT.

This Asylum was opened on the 18th May 1864, and since that date 212 patients have been admitted. Of these, no less than 158 are transfers from other Asylums; the duration of their disease varying from three months to forty-five years—the males numbering 80 and the females 78. Of the 54 cases placed for the first time under treatment, of which 24 are males and 30 females, by far the larger proportion must be looked upon as offering no room for successful treatment—their seclusion having been necessitated by unexpected paroxysms of violence, the impossibility of obtaining for them suitable guardians, and in one or two cases from the extreme degradation of the patients themselves. Of the whole inmates not more than 20 have been regarded as presenting any probability of cure, and daily accumulating evidence would lead to the belief that this number ought to be still further limited.

As might be expected from the long duration of the disease in the different cases, they principally present that form of insanity termed dementia, in which the individual has either lost all power of reasoning or is totally incompetent to act under the constantly varying circumstances of life. To this class has, indeed, to be referred no less than 105 of the number, and the proportions of the other varieties of mental disease, included under mania, melancholia, monomania of pride, monomania of suspicion, will be best understood by reference to Table IV.

In this table must be especially remarked the representation of one of the highest forms of mental disease, termed the General Paralysis of the Insane, by only one case, a form of insanity believed to be of rare, if not of exceptional, occurrence amongst the rural and fishing population of the district.

The physical condition of the patients on admission was generally good, though marked exceptions occurred to this rule, and a considerable number were suffering from scabies. It was remarked, however, that a large proportion of those advanced in years underwent for a time a marked deterioration in health, probably from the altered circumstances in which they were placed, and it was only by the continued use of a liberal diet and constant watchfulness that they were restored to a satisfactory condition. During the autumn there were numerous cases of diarrhoea and a few of dysentery, but in no instance were they traced to the very deficient supply of water existing at the time, or to an inferior quality of any of the articles of food; and it is therefore more than probable, as the diseases principally confined themselves to the aged, that they were to be attributed to the effect of the season upon constitutions debilitated by age, or wanting in nervous power. Throughout the winter, and notwithstanding the situation of the Asylum and its consequent exposure to great and sudden variations of temperature, not above one or two cases of acute pulmonary disease happened, and up to the present time the health of the inmates has been satisfactory. It may here be most suitable to mention the admission of a patient at the advanced age of 86, who only a year before, for the first time, was attacked by chorea. The case is peculiar, as being a rare instance of this singular malady appearing so late in life, and it is farther interesting that the desire to commit suicide, which necessitated her seclusion, manifested itself at the same time, and stood in direct relation with the disease.

During the past year ten cases have been dismissed, eight of these were cured, one relieved, and one not improved. This number, though small, must be looked upon as a fair proportion, when calculated upon those instances where the disease had manifested itself within a year, and considering that it is only within the last two months that many of the patients capable of treatment have been admitted. Two of these eight cases became residents of the institution under most unfavourable circum-

stances—the melancholia in the one having lasted for four, in the other for between six and seven years. In both, however, the change of residence almost immediately began to exercise a beneficial influence, and within a few months one of them returned to her friends. The other had, however, to undergo a severer test, and when every obstacle to prevent her dismissal seemed removed, intelligence was received that her daughter, a young girl of between 18 and 19 years, had become affected by profound melancholia, and would at once be sent to the Institution. After careful deliberation, and as it would ultimately be impossible to conceal the untoward event, the fact of the affliction which had befallen her was communicated, and was received in so becoming a manner as to leave little doubt of the re-establishment of her mental health. At her own request she was allowed to remain until her daughter's arrival, and though the duty was a painful one, she expressed great satisfaction at being permitted to assist in leading her daughter to accommodate herself to the altered conditions under which, it is hoped, she will only for a time live. Such instances, however, as those just referred to, must be looked upon as purely exceptional, and it cannot be too well known that, of all diseases insanity, to be treated successfully, must be treated early and, if possible, within three months after its first appearance. Under such circumstances, it has been calculated, that nearly 70 per cent. may be restored to health. If the affection, however, has lasted three and within twelve months, the cures fall so low as from 40 per cent. to 45 per cent, whilst if the duration of the disease has been above one year, the curability diminishes to from 15 per cent. to 20 per cent. But apart from such facts deserving the most careful consideration, the early treatment of the insane may be urged on still broader grounds; and the necessity for promptitude in most cases, and the result of leaving the delusions or caprices to form the habits of the patient, cannot be better illustrated than by a brief reference to the history of two of the present inmates.

In one of these cases the disease had lasted for seven years, and from the patient having been permitted to crouch for the greater part of this time in the darkest corner of her room, and to remain at will in bed, she had become extremely anæmic, and her knee-joints so much contracted that it is impossible for her to stretch her limbs. Her habits are extremely degraded, and when brought here her condition was thus recorded—"When

raised she is carried to the seat most convenient for her to occupy, and thence, at the usual time, to bed. She sits with her face buried between her knees, occasionally looks up and smiles, but never answers questions, and is perfectly unobservant of what is taking place around her. At times she is much excited, sings songs, and scolds loudly, but it is impossible to make out the subject of her irritability, the words are so incoherent, and uttered with such rapidity." For the last seven months every effort has been made to improve this patient's condition, but without success. She has been put upon what must be to her an extremely liberal diet, suitable medical treatment has been employed, little luxuries have been daily supplied to her, but have been invariably rejected, and appeals to her vanity, under the guise of some attractive article of dress, have been equally unsuccessful—she still remains self-isolated, and her habits are such as to monopolise almost the whole care of an attendant.

The other case, also that of a female, is still more interesting. The death of her husband appears to have induced premature labour, and the birth of a child upon the same day was followed by hæmorrhage to such an extent that syncope occurred. The feelings of instability accompanying the last conscious sensations of this state were converted, by a mind naturally predisposed to disease and already disturbed by the loss of her husband, into the delusion that she had been plunged into Loch-Ness, and to save herself from sinking she seized, in imagination, a stone. From that moment this idea has been persistent, and she was admitted with her hands firmly closed. As persuasion proved of no avail, it was determined to compel the patient to open them, and it was then found that the nails had in their growth forced their way half through the palms, whilst the closed hands had been made the receptacle of chicken bones, pearl buttons, small pieces of rags, stones, &c., which the patient treasured. From this time—and as the extension of the fingers, considerably contracted at their joints, appeared to give great pain—she was made to carry rounded pieces of wood, which have been gradually enlarged, and the patient can now nearly open her hands to their full extent, and daily engages in sewing or knitting.

The instances referred to have been brought forward to illustrate how difficult it is to eradicate habits which have been allowed to take root from the want of judicious management at

the commencement of the disease, and there is every probability, that had the patients been placed at a proper time under supervision, the degradation in either case would never have been reached. This subject has, however, been principally treated at such length owing to its great importance, and because there can be no doubt that the usefulness of this Institution will be greatly extended if those who ought to be its inmates are early placed under treatment.

During the year 10 deaths have taken place, but there existed no features in the illnesses of the patients requiring special notice. It may, however, be stated that one of them, a female, died two days after admission from exhaustion induced by her transfer from the South, and that two others, one labouring under phthisis, the other under chronic peritonitis, were admitted in a condition which gave little hopes of their surviving for any length of time. This percentage of deaths, not reaching 5 per cent. on admissions, must be regarded as extremely low, and is principally attributable to the small number of cases affected with pulmonary diseases, and the absence, with one exception already mentioned, of patients affected with general paralysis, which of late years has largely increased the proportion of deaths in asylums. In future, therefore, a much larger mortality must be expected, not only from the advanced age of a great number of the inmates, but from the accumulation of cases labouring under diseases peculiarly fatal to those affected by mental disease.

As in the treatment of the insane occupation has been found to exercise a beneficial effect, and to be the best means of preserving the health and distracting the mind from the morbid ideas and delusions occupying it, every effort has been made to engage the patients. To be of service, however, the labour must to a certain extent be adapted to each case. To some, therefore, it has been pointed out as the best means of regaining health; others have engaged in it simply from the gratification it gave to the officers; to others rewards have been held out; others have identified themselves with the works carried on; whilst to others it is the act simply of imitation. To all, however, it has been attempted to make it an invigorating exercise and not labour. At first no little difficulty was experienced in inducing the patients to go out, but continued kindness, constant attention and encouragement gradually overcame these objections, and the greater number now join in some variety of

employment, under the form of farm labour, house work, tailoring, shoemakers' work, sewing, knitting, and laundry work. Little progress may seem to have been made in the improvement of the grounds, but this is to be attributed to the labourers—except when putting in the crops for the present season in the already existing arable land—being engaged in the formation of a large pond for the purpose of supplying the Asylum with water.

It would, however, convey a mistaken idea of the capabilities of the insane, to encourage the belief that they are incompetent to perform any but the simplest acts, or to repeat what they had acquired in a state of health. They, on the contrary, are found readily to comprehend and undertake duties involving many complications. In pursuance of the idea that the inmates, under proper supervision, should as far as possible be identified with the working of the Institution, the dining-hall and all the arrangements connected with it have been entrusted to their care. To each of the tables in the hall has been attached a waiter selected from themselves, who lays the cloth, sees that everything is in its proper place, and waits during the meals, and in this way between 160 and 170 male and female patients dine together at the same time with a decorum not unbecoming a private dining-room. This system has now been in full operation for three months, and has succeeded admirably, the head male and female attendants being present to see that all the details are suitably carried out, but taking no part in the arrangements beyond noting those patients who manifest a tendency to abstain from taking a sufficient quantity of food. For these services the waiters have a small extra allowance and enjoy the privilege of dining after their fellow-patients, so that candidates are never wanting for any vacancies that may occur, while the method has the great advantages of considerably economising time and of giving a more extended opportunity for work or recreation than could otherwise be obtained.

But the inmates of such institutions are capable of performing still more important duties, and often become suitable guardians of those who are similarly afflicted with themselves. Thus a female who has suffered from mania for a number of years, a self-mutilator, and requiring constant watchfulness, has been entrusted to the care of an imbecile, whose inordinate vanity proves, unless properly guided, a source of continual

annoyance to her ward. This strange association has, however, been attended with the happiest result to both. The one has found a companion over whom she can exercise authority and control, while the originally stronger mind has, in the obedience she now yields to her somewhat arrogant attendant, lost much of what could not be regarded without the most painful feelings. In another instance, a schoolmaster no longer capable of acquiring new ideas, but whose knowledge appears of the most elevated kind to those with whom he is associated, finds his highest pleasure in a return to his old habits, and prepares with the greatest care during the day the lessons he intends to bestow upon the pupils he has collected by his own enthusiasm at night.

The following instance will, however, show still better what confidence may be reposed in the insane. At the beginning of the year a birth took place in the Asylum, and the difficulty was not in finding a nurse, but in selecting from those who were candidates for the appointment. Night after night there were urgent requests to be allowed to sit up and attend the invalids; but it was observed that an old woman who up to that time had been a subject of great annoyance, who had feigned illness that she might obtain luxuries, who had been garrulous in the extreme, who had never failed, in and out of season, to assert her dignity, who demanded from the officers more than usual deference, and who positively refused to submit to the discipline of the establishment—hovered about the door of the apartment inquiring eagerly for the mother and the little patient, though she endeavoured to conceal her anxiety to interest herself in them. At last, no longer able to suppress her desire, she asked to be permitted to take care of the child. She had spent, she said, fifty-five years in the nursery, and in a business-like manner she enumerated the different families in which she had served, the length of time she had held her situations, and quoted, as the best recommendation, the high opinion expressed of her qualifications by one of the most distinguished professors in the University of Edinburgh. Her request was, after some consideration, agreed to, and the appointment more than justified the decision. A room having been set apart for a nursery, she entered upon her duties with great energy; would allow no one to aid her in tending the child; night and day watched it with the utmost devotion; and, flattered by the interest manifested in

her charge, she presented it to the chaplain for baptism with more than the usual importance of a nurse.

Second to employment adapted to the previous habits of the patients, amusement tending to produce a cheerful excitement is of the greatest service in the treatment of those labouring under mental disease. Endeavours have therefore been made, so far as opportunity permitted, to break the monotony that unavoidably steals over such a community, by suitable entertainments. These have consisted in weekly balls, a singing-class, concerts, dramatic entertainments, lectures, readings, &c. In these I have to acknowledge the assistance I have derived from the House Steward, Mr Laing; the Matron, Miss Ross, Mr Macrae, and the Resident Engineer; and from Mr Findlay, the gardener, for his readiness, and the additional pleasure he has given to those reunions by the becoming and tasteful manner he has, on several occasions, decorated the amusement and dining-halls. Advantage has also been taken of the various festivals the seasons bring round. A harvest-home was held; on Hallowe'en upwards of 120 patients and visitors celebrated the event; and on Christmas-day, that some little of that peace and good-will animating all classes might find its way even into such a community as this, it was determined that officers and patients should dine together. The attempt was eminently successful, and the effect was so pleasing as to encourage its repetition. Less time, it may be remarked, has been at the disposal of the officers than could be wished for the carrying out of these entertainments, but it is questionable, from the original habits of the patients, whether these should be developed to any greater extent, as it is believed the end for which they are intended will be much better attained by their assuming, so far as it is possible in such an establishment, a character of domesticity.

One of the most important features in connection with the Institution, the magnificent landscape presenting itself on every side, must also be looked upon as exercising a salutary moral influence. Few scenes, indeed, are more varied and striking, and the numerous expressions regarding it on the part of the patients have proved the pleasurable impressions it conveys. It may also be remarked that the extent of the land attached to the Asylum, and the cottages scattered over it, will ultimately permit of a development now generally found attached to all large establishments for the insane. In these dwellings

it is proposed, when the full complement of officers has been made up, that married attendants with their families should reside, and that with them should be placed a number of patients. The application of this system is indeed very limited, and can only be safely carried out in connection with a large central establishment, and its good effects are believed to be lost when numbers make the exercise of individual influence upon the inmates no longer possible. To carry out this system the little group should never be more numerous than a moderately large family, and the supervision so judiciously managed that the patients should be unconscious of restraint. They ought to be made to feel that they have really become useful members of a household, and that their interest in it is appreciated. In all domestic arrangements they might be so far taken into the confidence of those with whom they live, as to show that their opinion is regarded, and in whatever they may be employed they ought to be encouraged to act as free and responsible individuals, and not as if their lives were regulated by the will of another. It is, therefore, intended that the privilege should be principally granted to the convalescent, and that these supplementary residences should be used for testing how far those who have been under close supervision are fit to enjoy a fuller liberty, and are capable of being dismissed. The permission to live in these cottages will also be held out as a reward to those who are likely to be permanent residents in the community, and who, from time to time, long for a return to old habits; and the change may be made specially serviceable in that class of cases where supervision is necessary, and yet where removal for a time from the artificial atmosphere of an asylum may prove a healthy stimulus and a powerful aid in assisting beneficially systematic medical treatment.

Divine worship, conducted partly in English and partly in Gaelic, is performed every Sunday evening at half-past five o'clock, and it may be permitted here to remark on the peculiar appropriateness of the service. Nothing, indeed, could be better calculated to inspire with a feeling of hope those who require encouragement, or to subdue the excited feelings of others, than the words addressed to them; and the attention with which his services have been received has proved, it is pleasing to record, a matter of much satisfaction and encouragement to Mr Macgregor. He also visits the institution once

a-week for the purpose of attending those who desire his ministrations, but, in addition to these, members of other denominations can be visited by their clergymen when they desire it. It may also be stated that prayers are read every morning at eight o'clock, and that the number attending these services varies from 120 to 130 patients.

A library has been commenced, and from the gifts of many kind donors it now amounts to between 150 and 160 volumes. *Goods Words*, *Cassell's Paper*, *The Leisure Hour*, are taken in for the benefit of the patients, and I am indebted to Fountaine Walker, Esq. of Foyers, for the *Illustrated London News* weekly. Many valuable donations of pictures have also been received, and now that leisure has been obtained for attention to such matters, they are rapidly becoming objects of interest and pleasure.

In terminating these details regarding what has been effected in the management of the institution, I beg to submit to the members of the District Board of Lunacy, the Reports of the Commissioners in Lunacy, and of the House and Visiting Committee.

On account of the transition state during the past year, and the small number of inmates in comparison with its capabilities, the fitness of the Asylum as a place of treatment cannot yet be regarded as fully tested. The experience of the past year has, however, been encouraging, and the arrangements have been found suitable and convenient.

All the apparatus in the Kitchen and Laundry have proved efficient, and the heating apparatus has been equally effective. As might be expected, however, in so large a building, the heating has been in some parts unsatisfactory, especially in dormitory No. 2, Ward F, the Hospital dormitories, and the dormitory in the Refractory Ward. This, however, it is believed, could be easily remedied, and I may be permitted to direct especial attention to the Sick Ward dormitory, where it was found impossible to raise the thermometer to temperate, and where, on account of this being the most convenient residence for the aged, warmth forms one of the principal elements of health. The ventilation has been found very satisfactory, with the exception of the somewhat confined space between the large dormitory, Ward F and Ward G ; where, notwithstanding every attention to cleanliness and the apparent free current of air

passing through it, the atmosphere is generally heavy, and under particular circumstances, not clearly explicable, the defect extends to the neighbouring dormitories.

The Farm Steading is reported by Mr Findlay as extremely suitable and convenient, but he has on several occasions directed my attention to the pig-styes, which might with propriety be increased, as those at present in existence are scarcely large enough for the number of pigs that might be kept from the refuse of the farm and house. This alteration and the setting of a larger boiler for the preparing of pig's meat, it is believed could be done at comparatively small expense.

The Gas House has worked comparatively well, but the north-west wind affects the draught in the chimney so much, that it has been recommended to have it raised, and if this is done, it is believed the expenditure in this department will be to some extent diminished. During the year the cost per 1000 feet has been 7s. 3¼d.

During the past summer a great deficiency of water was experienced, but fortunately, from the small number of patients then admitted, no bad results followed. The same want has again, to some extent, been felt this season, but it is hoped that the pond at the top of the hill, now approaching completion, will, to some extent, remove the evil.

Perhaps I may here be permitted to express my thanks for the consideration I have personally met with from the District Board of Lunacy, and the ready attention and aid I have received in all matters I have thought it necessary to bring before them. The duties of a Medical Superintendent are at all times onerous, but in opening a large institution they are doubly so. The kindness, however, I have experienced from every one has served in no ordinary degree to lighten my labours, and been of the greatest encouragement in the many difficulties requiring to be overcome.

The results of the past year must upon the whole be considered satisfactory. Much, however, still remains to be accomplished, and several modifications will undoubtedly require to be introduced into the system already established. In conclusion, I have to thank Mr Anderson for his kindness and courtesy on the many occasions I have required his assistance, and for the invaluable aid given by him at the opening of the Institution. To the officers more immediately connected with

the Asylum I have also to offer my thanks for the readiness they have at all times shown to carry out my views; to Mr Laing for the manner he has filled the office of House Steward; to Miss Ross, the Matron, and Mr Macrae, the Head Attendant, for their uniform punctuality and the energy they have thrown into their different departments; and the good conduct of the attendants and servants is deserving of every commendation. But whilst much progress has been made in the establishment of the system to be pursued, it is right that the attention of the officers should be directed to the fact that, in the discharge of these responsible duties, their efforts must be continuous, and that for the further advancement of the Institution, the same devotion, energy, and self-sacrifice, will be required of them in the future.

THOS. AITKEN, M.D.

18th May 1865.

APPENDIX.

TABLE I.

GENERAL RESULTS OF YEAR ENDING 18TH MAY 1865.

	Males.	Females.	TOTAL.
Transferred from other Asylums .	80	78	158
Admitted from Parishes . . .	23	31	54
Total number under treatment . .	103	109	212
Discharged Recovered			
Discharged Relieved			
Not Improved			
Died			
Decrease in number	9	11	20
Total number resident May 18th, 1865	94	98	192

TABLE II.

AGES OF PATIENTS.

	Males.	Females.	TOTAL.
Between 15 and 20	0	2	2
„ 20 and 30	19	17	36
„ 30 and 40	29	24	53
„ 40 and 50	24	20	44
„ 50 and 60	16	20	36
„ 60 and 70	3	16	19
„ 70 and 80	2	2	4
„ 80 and 90	0	1	1
Unknown	10	7	17

TABLE III.
SEX OF PATIENTS.

	Admitted.	Recovered.	Removed.	Died.
Males . . .	103	3	1	5
Females . . .	109	5	1	5

TABLE IV.
CONDITION OF PATIENTS.

	Males.	Females.	Total.
Married	23	15	38
Unmarried	76	83	159
Widowed	2	11	13
Unknown	2	0	2

TABLE V.
EMPLOYMENT OF PATIENTS.

Professions.	Males.	Females.	Total.
Sailor	2	0	2
Carpenter	1	0	1
„ Wife of	0	1	1
Waiter	1	0	1
Shepherd	2	0	2
„ Wife of	0	1	1
Labourers	27	0	30
„ Wife of	0	3	3
„ Daughter of	0	1	1
Domestic Servants	0	53	53
Clerks	2	0	2
Gardeners	4	0	4
Schoolmasters	2	0	2
Schoolmistress	0	1	1
Farm Servants	7	0	6
„ Wife of	0	1	1
Blacksmith	1	0	1

TABLE V.—*Continued.*

Professions.	Males.	Females.	TOTAL.
Cottars' Wives	0	2	2
„ Daughter of	0	1	1
Shoemakers	2	0	2
„ Wife of	0	1	1
Fishermen	7	0	7
Soldiers	5	0	5
„ Wife of	0	1	1
Farmer	1	0	1
„ Daughter of	0	1	1
Herd	0	1	1
Spirit-dealers	2	0	2
Butler	1	0	1
Crofter	3	0	3
Forester	1	0	1
Outdoor Workers	0	7	4
Miner	1	0	1
Mason	1	0	1
„ Wife of	0	1	1
Seamstress	0	2	2
Cartwright	2	0	1
Gentleman's Servant	1	0	1
Dressmakers	1	3	3
Hawker	0	0	1
Wife of Porter	0	1	1
West India Planter	1	0	1
Shopkeepers	2	0	2
Sick Nurse	0	1	1
Brewer	1	0	1
Weaver	1	0	1
Vagrant	1	0	1
Coast Guard Volunteer	1	0	1
Baker	1	0	1
Coachmen	1	0	1
Millworker	0	1	1
Nursery Maid	0	1	1
Postilion	1	0	1
Ship Carpenter	1	0	1
Tailor	1	0	1
Publican	1	0	1
Of no occupation	5	11	16
Unknown	8	13	23
Total	103	109	212

TABLE VI.
FORMS OF DISEASE OF PATIENTS.

	Males.	Females.	TOTAL.
Idiocy	1	3	4
Imbecility	4	6	10
Dementia	63	42	105
Mania	20	35	55
Melancholia	10	14	24
Monomania of Pride	2	3	5
„ of Suspicion	2	4	6
„ of Vanity	0	2	2
General Paralysis	1	0	1
	103	109	212

TABLE VII.
CAUSES OF DISEASE.

	Males.	Females.	TOTAL.
Amenorrhea	0	1	1
Anticipation of Marriage	0	1	1
Birth of illegitimate child	0	2	2
Bodily debility	1	1	2
Drowning of a brother	1	0	1
Calumnious reports	0	1	1
Concussion of brain	1	0	1
Congenital disease	6	4	10
Convulsions in infancy	0	1	1
Coup-de-Soleil	3	0	3
Death of husband	0	1	1
Desertion by husband	0	1	1
Disappointment in marriage	0	4	4
Dissoluteness	0	1	1
Disagreement with wife	1	0	1
Drawing of tooth	0	1	1
Domestic affliction	0	1	1
Ejection from croft	1	0	1
Excessive study	1	0	1
Exposure to cold	0	2	2
Erotic feelings	0	1	1
Excitement of drill	1	0	1
Epilepsy	2	1	3

TABLE VII.—*Continued.*

	Males.	Females.	TOTAL.
Fear	3	1	4
Fever	1	0	1
Family annoyances	1	1	2
"Greed"	0	1	1
Hereditary tendency	3	3	6
Intemperance	4	0	4
Jealousy	0	1	1
Masturbation	1	0	1
Organic disease of brain	1	0	1
Overlactation	0	1	1
Paralysis Agitans	1	0	1
Pecuniary difficulties	6	0	6
Pregnancy	0	1	1
Quarrel at putting the stone	1	0	1
Religious excitement	5	7	12
Scarlatina	1	0	1
Sudden death of nephew	0	1	1
Unknown	56	68	124
Wound on head	1	0	1
Total	103	109	212

TABLE VIII.

INFLUENCE OF HEREDITARY TENDENCY.

	Males.	Females.	TOTAL.
Hereditary tendency to Insanity	10	21	31
No Hereditary tendency	93	88	181
	103	109	212

TABLE IX.
DURATION OF DISEASE.

	Males.	Females.	TOTAL.
Less than 1 Year	17	15	32
From 1 to 2 Years	8	1	9
„ 2 to 5 „	13	18	31
„ 5 to 10 „	24	21	45
„ 10 to 15 „	12	12	24
„ 15 to 20 „	3	2	5
„ 20 to 25 „	1	3	4
„ 25 to 30 „	0	0	0
„ 30 to 35 „	2	2	4
„ 35 to 40 „	0	1	1
„ 40 to 45 „	0	2	2
Congenital	7	10	17
Unknown	16	22	38
	103	109	212

TABLE X.
NUMBER OF ATTACKS.

	I.	II.	III.	Un- known
Males	61	20	1	21
Females	69	24	2	14

TABLE XI.
AMOUNT OF EDUCATION OF PATIENTS.

	Males.	Females.	TOTAL.
Well educated	26	5	31
Can read only	13	38	51
Can read and write	46	32	78
Cannot read or write	10	29	39
Unknown	8	5	13
	103	109	212

TABLE XII.
CAUSES OF DEATH.

	Males.	Females.	TOTAL.
Exhaustion	0	1	1
Fracture of humerus and injury to elbow joint	0	1	1
Phthisis	0	1	1
Peritonitis	0	1	1
Tubercular peritonitis	1	0	1
Paralysis	2	0	2
Bronchitis	0	1	1
Apoplexy	1	0	1
Empyema	1	0	1
	5	5	10

TABLE XIII.

SHOWING EMPLOYMENT OF PATIENTS AND NUMBERS EMPLOYED,
MAY 17, 1865.

	Males.	Females.
Assisting attendants in house work	10	18
Stoker	1	0
Storekeeper	1	0
Messenger	1	0
Tailor	1	0
Shoemaker	2	0
Carpenter	1	0
Upholsterer	1	0
Schoolmaster	1	0
Gardeners	16	0
Labourers	20	0
Employed in kitchen	0	4
Laundresses	0	9
Sewing	0	26
Knitting	0	14
Employed at cottage, preparing food for workers	0	2
Total	55	73

TABLE XIV.

ABSTRACT OF WORK DONE BY PATIENTS FROM 18TH MAY 1864 TO
18TH MAY 1865.

MADE.	REPAIRED.	SHOEMAKER'S WORK.	
78 Shirts.	83 Jackets.	REPAIRED. 420 Pairs Shoes.	
69 Shifts.	329 Trousers.		
31 Drawers.	143 Vests.	O U T - D O O R LABOUR.	
59 Stockings.	434 Shirts.		
285 Handkerchiefs.	601 Shifts.	Description of Work.	
49 Gowns.	339 Drawers.		
9 Pinafores.	1633 Pairs Stockings.	No. of days employed.	
19 Petticoats.	168 Gowns.	Garden . . .	62
69 Flannel Shirts.	138 Petticoats.	Farm . . .	71½
4 Flannel Caps.	363 Shifts.	Land Improve- ment . . .	14
11 Shrouds.	258 Caps.	Drainage . . .	26
174 Aprons.	28 Bonnets trimm'd	Stone-blasting	4
93 Towels.	162 Aprons.	Roads, &c. . .	25
37 Sheets.	99 Sheets.	Excavations .	48
24 Pair Stays.	301 Blankets.	Miscellaneous	141
175 Bolster Cases.	28 Stays.		
31 Table-cloths.	215 Bolster Cases.		
18 Bed-covers.	45 Table-cloths.		
80 Dusters.	30 Bed-covers.		
8 Bonnets.	146 Night Gowns.		
7 Skirts.	3 Mattresses.		

TABLE XV.

PROVISIONS CONSUMED DURING THE YEAR ENDING 18TH MAY 1865.

ARTICLES.	QUARTERS ENDING—				TOTAL.
	Aug. 18.	Nov. 18.	Feb. 18.	May 18.	
Meal . .	2645	5186	5669	5908	19,408 lbs.
Bread . .	4797	10,222	10,225	11,068	36,312 „
Barley . .	671	1139	1371	1880	5,061 „
Beef. . .	2593	4710	4862	5229	17,394 „
Pease . .	151	283	343	422	1,199 „
Potatoes . .	20	27	29	29	105 bolls.
Vegetables .	1111	2184	2476	2500	8,271 lbs.
Split Pease .	234	396	303	330	1,263 „
Flour . .	182	366	314	550	1,412 „
Pease Flour .	148	289	349	237	1,123 „
Rice. . .	183	508	532	474½	1,697½ „
Cheese . .	305	644	505	678	2,132 „
Butter . .	311	599	671	704½	2,285½ „

TABLE XV.—*Continued.*

ARTICLES.	QUARTERS ENDING—				TOTAL.
	Aug. 18.	Nov. 18.	Feb. 18.	May 18.	
Tea . . .	97	148.14	161.8	152	559 $\frac{1}{2}$ lbs.
Sugar . . .	347	665	750 $\frac{3}{4}$	819	2,581 $\frac{3}{4}$ „
Milk . . .	4569	8639	9796	10,251	33,255 pints
Currants . . .	13	56	80 $\frac{3}{4}$	58	197 $\frac{3}{4}$ lbs.
Fish . . .	95	82	173 $\frac{1}{2}$	83	433 $\frac{1}{2}$ „
Beer . . .	1665	2552	2513	3231	9,961 pints
Candles . . .	3	12	39	10 $\frac{1}{2}$	64 $\frac{1}{2}$ lbs.
Whiting . . .	51	51 „
Ham . . .	28 $\frac{1}{2}$	16	13 $\frac{1}{4}$	15 $\frac{1}{2}$	73 $\frac{1}{4}$ „
Bacon . . .	8 $\frac{3}{4}$	8 $\frac{3}{4}$ „
Coffee . . .	12	15	13 $\frac{3}{4}$	7	47 $\frac{3}{4}$ „
Salt . . .	347	1043	792	9019	11,201 „
Mustard . . .	2 $\frac{1}{4}$...	4	2.8	8 $\frac{3}{4}$ „
Pepper . . .	6 $\frac{1}{4}$	3 $\frac{1}{2}$	9 $\frac{1}{2}$...	19 $\frac{1}{4}$ „
Sago . . .	8	11	...	8	27 „
Arrowroot . . .	18 $\frac{1}{4}$	12 $\frac{1}{4}$	10	10 $\frac{1}{2}$	51 „
Treacle . . .	4	...	28	...	32 „
Suet	126 $\frac{1}{4}$	222	348 $\frac{1}{4}$ „
Linseed Meal	31 $\frac{1}{2}$...	31 $\frac{1}{2}$ „
Pipes . . .	14	...	12	2	28 doz.
Tobacco . . .	15	21 $\frac{3}{4}$	24	40	100 $\frac{3}{4}$ lbs.
Snuff . . .	1	3 $\frac{1}{2}$	9	9	22 $\frac{1}{2}$ „
Loaf Sugar . . .	6	13	...	4	23 „
Chicory . . .	5	5 „
Hard Soap . . .	105	244	318	492	1,159 „
Soft Soap . . .	106	264	164	442	976 „
Soda . . .	52	145	169	234	600 „
Starch . . .	14	23	25 $\frac{1}{2}$	24	86 $\frac{1}{2}$ „
Vinegar	1	...	2	3 bot.
Matches . . .	6	14	13.9	15.2	48.11 doz.
Lozenges	13	4	4	21 lbs.
Pipe-Clay . . .	28	154	156	170	508 cakes
Porter . . .	79	132	97	81	389 pints
Wine . . .	31	44	39	46	160 bot.
Brandy . . .	2	5	9	4	20 „
Whisky . . .	7	12	15	15	49 „
Gin	2	1	...	3 „
Currant Loaves	60	...	60 lbs.
Blacking . . .	40	44	56	131	271 cakes
Black Lead . . .	20	30	43	94	187 „
Bath Brick	2	...	2 doz.
Buns	177	336	513

BREAKFAST.											
MALES						FEMALES.					
Oatmeal.	New Milk.	Oatmeal.	New Milk.	or Tea.	Sugar.	New Milk.	Bread.	Butter.	Broth.	Cooked Meat.	Bread.
Sunday... ..	6	oz. $\frac{1}{2}$ pt. 5	oz. $\frac{1}{2}$ pt. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. ...	oz. 6	lb. 1
Monday.....	6	oz. $\frac{1}{2}$	oz. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. $1\frac{1}{2}$..	1
Tuesday.....	6	oz. $\frac{1}{2}$	oz. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. $1\frac{1}{2}$	4	1
Wednesday.	6	oz. $\frac{1}{2}$	oz. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. $1\frac{1}{2}$...	$\frac{1}{2}$
Thursday...	6	oz. $\frac{1}{2}$	oz. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. $1\frac{1}{2}$	4	1
Friday.....	6	oz. $\frac{1}{2}$	oz. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. ...	6	...
Saturday....	6	oz. $\frac{1}{2}$	oz. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1	oz. 6	oz. $\frac{1}{2}$	pt. $1\frac{1}{2}$	4	1
TOTAL...	42	oz. $3\frac{1}{2}$	oz. $3\frac{1}{2}$	oz. $\frac{7}{8}$	oz. $3\frac{1}{2}$	oz. 7	oz. 42	oz. $3\frac{1}{2}$	pt. 6	oz. 18	lb. $5\frac{1}{2}$

DINNER.											
Pea Soup.	Dumpling.	Rice.	Cheese.	New Milk.	Vegetables.	Fish.	Oatmeal.	New Milk.	or Tea.	Sugar.	New Milk.
Sunday... ..	oz. ...	oz. ...	oz. ...	pt. $\frac{1}{2}$	lb. $\frac{1}{2}$...	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
Monday.....	oz. ...	oz. ...	oz. ...	pt. ...	lb.	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
Tuesday.....	oz. ...	oz. ...	oz. ...	pt. ...	lb.	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
Wednesday.	oz. 10	pt. 10	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
Thursday...	pt.	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
Friday.....	...	4	2	pt. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
Saturday....	...	4	2	pt. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	pt. 1
TOTAL...	4	4	2	pt. $\frac{1}{2}$	pt. $\frac{1}{2}$...	42	oz. $3\frac{1}{2}$	oz. $\frac{7}{8}$	oz. $3\frac{1}{2}$	pt. 7

SUPPER.											
MALES.						FEMALES.					
Oatmeal.	New Milk.	or Tea.	Sugar.	New Milk.	Bread.	Butter.	Oatmeal.	New Milk.	or Tea.	Sugar.	New Milk.
Sunday... ..	6	oz. $\frac{1}{2}$ pt. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$ pt. 5	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
Monday.....	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
Tuesday.....	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
Wednesday.	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
Thursday...	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
Friday.....	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
Saturday....	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 8	oz. $\frac{1}{2}$	6	oz. $\frac{1}{2}$	oz. $\frac{1}{8}$	oz. $\frac{1}{2}$	oz. 1
TOTAL...	42	oz. $3\frac{1}{2}$	oz. $\frac{7}{8}$	oz. $3\frac{1}{2}$	oz. 56	oz. $3\frac{1}{2}$	42	oz. $3\frac{1}{2}$	oz. $\frac{7}{8}$	oz. $3\frac{1}{2}$	oz. 7

Broth shall be made with 2 oz. of Meat, exclusive of bone, 2 oz. of Barley, $1\frac{1}{2}$ oz. Pease, $1\frac{1}{2}$ Carrots, Turnips, or other Vegetables, for each ration of $1\frac{1}{2}$ pt.

Pea Soup shall be made from 2 oz. Meat, exclusive of bone; shall contain, in each ration of $1\frac{1}{2}$ pt., 2 oz. of Whole or Split Pease, $1\frac{1}{2}$ oz. Pease Flour, 1 oz. Vegetables, 10 oz. of Suet.

Dumpling shall contain 3 oz. Flour, 2 oz. Suet, $\frac{1}{2}$ oz. Currants. The ration of Coffee shall contain $\frac{1}{4}$ oz. Coffee, $\frac{1}{2}$ oz. Sugar, 1 oz. New Milk.

The ration of Tea shall contain $\frac{1}{8}$ oz. Tea, $\frac{1}{2}$ oz. Sugar, 1 oz. New Milk.

TABLE XVII.

PARISH.	Males.	Females.	Total.
Alvie	0	2	2
Ardersier	2	1	3
Ardelach	0	2	2
Assynt	1	1	2
Avoch	5	1	6
Applecross	1	2	3
Auldearn	1	1	2
Alness	1	2	3
Boleskine	2	2	4
Creich	2	2	4
Cawdor	1	0	1
Clyne	2	2	4
Contin	0	2	2
Cromarty	3	0	3
Croy	1	2	3
Daviot	1	1	2
Dornoch	1	1	2
Durinish	4	0	4
Dingwall	2	1	3
Edderton	1	2	3
Eddrachillis	1	0	1
Fearn	2	1	3
Farr	0	2	2
Fodderty	1	2	3
Glenelg	1	1	2
Gairloch	4	1	5
Golspie	1	2	3
Harris	1	0	1
Inverness	19	20	39
Kilmonivaig	1	2	3
Kiltearn	2	2	4
Kilmallie	1	3	4
Kincardine	1	1	2
Kiltarlity	1	2	3
Killearn	0	1	1
Kirkhill	2	3	5
Kilmuir, Skye	1	2	3
Kilmuir, Easter	0	2	2
Kilmuir, Wester	1	0	1
Kingussie	1	0	1
Kintail	1	1	2
Laggan	1	0	1
Lochbroom	6	0	6

TABLE XVII.—*Continued.*

PARISH.	Males.	Females.	TOTAL.
Lairg	2	0	2
Lochcarron	0	2	2
Loth	0	1	1
Logie Easter	1	1	2
Lochs	3	0	3
Moy and Dalarossie	0	2	2
Nairn	6	3	9
Poolewe	1	1	2
Portree	1	3	4
Resolis	0	1	1
Rosskeen	0	1	1
Rogart	0	1	1
Rosemarkie	0	1	1
Strath	1	1	2
Snizort	2	0	2
Stornoway	1	0	1
South Uist	2	2	4
Tarbat	2	2	4
Tain	1	1	2
Tyree	0	1	1
Urray	1	1	2
Urquhart, Ross	0	3	3
Urquhart, Inverness	0	3	3
Nigg	0	2	2

INVERNESS DISTRICT ASYLUM.

MAINTENANCE ACCOUNT

FOR FIRST YEAR AFTER ITS OPENING ON 18th MAY 1864.

I. Charge.

1. Board of Lunatic Patients in House, chargeable to their respective parishes of settlement	£3203	6	8
2. Value of Farm and Garden produce used in the Asylum	106	15	5
3. In Gardener's hands for articles sold, as at 18th May 1865	51	6	1
	<hr/>		
	£3361	8	2
	<hr/>		

II. Discharge.

1. Provisions and Petty Disbursements paid for Asylum after opening	£1476	12	8
2. Furniture, Furnishings, and Clothing, do. do.	227	11	6
3. Books, Printing, Advertising, Stationery, and Incidental Expenses	82	9	1
4. Coals, Coke, Oil, &c.	476	16	5
5. Salaries of Officials, Attendants, and Servants	997	18	6
6. Proportion of cost of Labour for Farm and Garden	100	0	0
	<hr/>		
	£3361	8	2
	<hr/>		

GENERAL ACCOUNT, CHARGE AND DISCHARGE,

OF

GEORGE ANDERSON,*Clerk to the Board,*

FROM 30th APRIL 1864 to 18th MAY 1865.

*Charge.*

1. Arrears of Assessment outstanding for third year, since recovered	£318	5	8
2. Assessment for fourth year, or 1864-5	5,665	0	0
3. Interest allowed on Bank Account	158	4	7
4. Bank Account, for orders on	13,302	19	1
5. Maintenance Account, received for	3,123	4	3
6. Balance	14	11	2
	<hr/>		
	£22,582	4	9

Discharge.

1. Balance due Clerk on last account	£7	4	9
2. Interest added to Bank account	158	4	7
3. Asylum Works, paid on account of	4690	2	10
4. Assessment Account, deposited in	5964	0	3
5. Arrears of fourth year's Assessment outstanding at 18th May 1865	19	5	5
6. Farm and Garden, paid for	422	3	11
7. Furniture, Furnishings, and Clothing, paid for	1416	7	8
8. Feu-duty, Rents, and Taxes	498	11	3
9. Printing, Advertising, Stationery, Set of Books for the Asylum, and Incidental Expenses ..	131	13	2
10. Salaries to Officials, Attendants, and Servants	1085	11	3
11. Coals, Coke, Oil, &c.	612	11	7
12. Loan to Scottish Equitable Society, paid for	2961	5	1
13. Provisions and Disbursements for Asylum	1512	8	10
14. Maintenance Bank Account, deposited in	3102	14	2
	<hr/>		
	£22,582	4	9

ABSTRACT STATE OF THE EXPENDITURE

ON THE

DISTRICT ASYLUM BUILDINGS,

And of which a full Account will be published next Year, when
the whole Works are taken off the Contractors hands
and fully paid for.

	Contract Prices.	Extra Work and Interest paid on sums retained in hand for 12 months.	Total Paid.
1. Mason Work, paid for	£16,352 0 0	£218 12 11	£16,570 12 11
2. Carpenter do.	9,190 0 0	331 0 0	9,521 0 0
3. Plumber do.	2,299 18 6	107 9 3	2,407 7 9
4. Plaster do.	1,411 0 0	95 1 1	1,506 1 1
5. Slater do.	1,096 0 0	137 5 6	1,233 5 6
6. Iron Work	1,320 0 0	157 18 7	1,477 18 7
7. Ventilating, Heating, and Cooking Apparatus	2,192 0 0	27 3 7	2,219 3 7
8. Painting & Varnishing Wood work	371 8 6	...	371 8 6
9. Excavating and Levelling Ground			320 0 0
10. Draining, Trenching, and Reclaiming Land			865 2 9
11. Furniture and Furnishings to Asylum			3,241 10 7
12. Insurance against Fire paid			60 12 8
13. Erecting Walls and Gates			513 9 7
14. Erecting Wire Fences			109 6 10
15. Cost of West Road of Approach		£698 3 4	
Do. East do. do.		255 11 0	
			953 14 4
16. Architect's Commission, &c., paid of			1,500 0 0
17. Premiums to unsuccessful Architects, as advertised			250 6 1
18. Accounts paid for certified Measurement of the Asylum Buildings, for Plans and Surveys of Land, and Reports as to Water, &c.			311 11 4
19. Management, and Salaries of Officials, Grieve, &c., prior to opening of the Asylum, on 18th May 1864			1,904 11 9
20. Rents, Feu-duties, Taxes, and Public Burdens			2,392 11 3
21. Conveyancing, Fees of Loan, Feu Charter, Contracts, &c.			652 12 1
22. Advertising, Printing, Stationery, and Incidents			256 6 11
23. Farm and Garden, Outlays for			1,426 10 1
			£50,065 4 2

N.B.—The above is exclusive of £8913. 1s. 9d. repaid of Loan, and the
cost of Provisions and Clothing laid in at the opening of the Asylum.

